

2026(令和8)年度 入学試験問題

一般選抜 後期日程

外国語学部 英米学科 小論文

【注 意】

1. 試験開始の合図があるまで、この問題冊子の中を見てはいけません。
2. 試験時間は12時30分から14時10分まで(100分間)です。
3. この問題冊子は表紙以外に5ページあり、解答用紙は3枚あります。
4. 試験中に問題冊子の印刷不鮮明、ページの落丁・乱丁および解答用紙の汚れ等に気付いた場合は、手を挙げて監督者に知らせてください。
5. 解答はすべて解答用紙の解答欄に記入してください。
6. 解答用紙の氏名欄を除き、受験者本人の特定につながるような氏名、住所、学校名等は記述しないでください。
7. 解答用紙を持ち出してはいけません。持ち出した場合、試験をすべて無効とします。
8. 試験終了後、問題冊子は持ち帰ってください。

問題 1 次の英文を読んで、下の問いに答えなさい。(240 点)

Buddhism* is one of Japan's leading religions, second only to Japan's native Shintoism.* In Buddhism, the goal is to attain enlightenment* and nirvana* by practicing the teachings of the Buddha, who himself achieved enlightenment by sitting in meditation* under a bodhi tree.* Thousands of years later, in Japan the practice continues under the name “*zazen*.”

Zazen (seated meditation) is the Japanese term for a practice that originated in India, flourished in China, then arrived in Japan in the early 13th century. Even now, it continues as a practice of Zen Buddhism in Japan, and, in the 20th and 21st centuries, it has become highly popular in the West.

One famous person that was influenced by Zen Buddhism and zazen was Apple founder Steve Jobs. A seeker of spiritual practices for much of his life, his interest in zazen and Zen philosophy is well noted. Following his death in 2011, many articles were published on his connection to Zen Buddhism, contributing to interest in zazen in the West.

Today, zazen and other exercises that promote awareness, such as meditation and keeping a journal, are practiced across the globe as individuals seek to improve their overall mental health. While there are many ways to focus attention on the present moment, in Japan, the home of zazen, you can take the opportunity to learn from a master in Buddhist temples such as Tokyo's Ryuunji Temple.

Ryuunji Temple high priest Kensyo Inada explained, “Zazen is one of the ways to experience Zen. It is a way of sitting down to relax the body and to prepare the mind by slowing down the breathing.”

When seated for zazen, you aim to focus your attention, looking down at the ground and focusing on simply breathing in and out. “We usually get about 80 percent of our information via our sight,” Inada explained, “so we can end

up relying too much on it. Zazen is useful for shifting that focus to the other parts of the body.”

That shift often leads to the sensing of pain, especially in the legs and feet. According to Inada, “Zazen is not about hurting your body, but it is good to feel the numbness* in your legs. We humans have a habit of seeing something with our eyes and automatically thinking about it. However, in this instance, you sense the pain before thinking about it. It is very important to feel things—even things like pain—in our body.”

While meditating, it is common to lose focus, or even fall asleep. To combat this the priests will strike those meditating on each shoulder with a stick. When the time comes, a priest will approach you and you will bow to one another to show that you are ready. You then cross your arms across your chest and bend forward to receive the strikes. The strikes are not too hard, just enough to make you focus.

When asked what one gains from practicing zazen, Inada replied, “It is said that there is nothing to gain in zazen. It is not an act of getting something, but of letting go. I would say the benefit is that it becomes easier to let go of the heavy things that each person has, one by one.”

This way of thinking is relevant to those who feel pressured to constantly gain skills, knowledge, experiences, or material possessions, for example. The act of letting go may sound sad, but it also brings freedoms. “People hold on to too much of both good and bad things, and those things become heavy,” he continued, “that is why we relax and reduce the load first.”

This is the exact concept the Tokyo Zen Center, who opened their doors in 2005, wish to share. Their headquarters are located right next to Ryuunji Temple which is used for many of their zazen experiences. The experience is open to all, with Inada stating, “We have people of all ages: the youngest is a preschool child who comes with her mother; the oldest is a grandmother in her

80s who has been coming for a while and is a regular.” It is held every Tuesday and often has between 15 to 20 people participate each time.

The temple also invites tourists and international residents to join as well. “We often get around two to three international visitors, but sometimes we get groups.” The opportunity of experiencing zazen in the atmosphere of a temple is a huge attraction for many, but Inada believes visitors leave having felt something deeper, even if they cannot put it into words.

When asked if you can join even if you are not Buddhist, Inada responded, “Of course you can. The basic idea is to share what we can do together while respecting the beliefs of each individual.”

In a city as busy as Tokyo, with an endless stream of things to do and think about, Inada believes that zazen can be extremely helpful. “It is the act of putting a period on a sentence. You take a break from something, put a period, and then start a new sentence.” For many, stopping, taking a break, and then moving on can be good for their mental health as it helps them move forward with a clearer understanding of themselves.

(Adapted from Laura Pollacco, “The art of taking a pause: Discover the 1,000-year-old meditation technique of *zazen* in Tokyo’s temples,” *The Japan Times*, March 25, 2025.)

*Buddhism	仏教
*Shintoism	神道
*enlightenment	悟り
*nirvana	涅槃 ねはん
*meditation	瞑想
*bodhi tree	菩提樹 ぼだいじゆ
*numbness	無感覺

問 1 本文の内容を句読点も含めて 300 字以内の日本語で要約しなさい。(120 点)

問 2 According to the article, how can Zen Buddhism help improve people's overall mental health? Answer in approximately 80 words in English.
(120 点)

問題 2 Many universities in Japan require students to study a second foreign language such as Chinese, French, German and Korean in addition to English. What might be the advantages of taking courses in a second foreign language at university? Explain your opinion in approximately 100 words in English. (160 点)